

THE SPEAKING TREE

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PRACTISE

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PUNE, JANUARY 10, 2016

Don't Avoid Pain

Absorb all that suffering, pain and misery in your heart, and see a miracle happen, says OSHO

When you take the breath in, let it become your meditation that all the suffering of all the beings in the world is riding on that incoming breath and reaching your heart. Absorb all that suffering, pain and misery in your heart, and see a miracle happen.

Whenever you absorb somebody else's misery, pain and suffering, the moment you absorb it, it is transformed. The natural tendency is to avoid it. People, even when they sympathise, sympathise only formally. If they really meant it, they could have helped the other person. They could have absorbed his suffering.

We go on avoiding our own misery. If you feel miserable, you put on the radio or the TV and you become engaged. People go on avoiding themselves. What do they know of misery? How can they think of the misery of the whole existence? First, you have to begin with yourself. If you are feeling miserable, let it become a

meditation. Sit silently, close the doors. First, feel the misery with as much intensity as possible. Feel the hurt. Somebody has insulted you. Now, the best way to avoid the hurt is to go and insult him, so that you become occupied with him. That is not meditation.

If somebody has insulted you, feel thankful to him that he has

given you an opportunity to feel a deep wound. He has opened a wound in you. The wound may be created



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by many, many insults that you have suffered in your whole life; he may not be the cause of all the suffering, but he has triggered a process. Just close your room, sit silently, with no anger for the person but with total awareness of the feeling that is arising in you — the hurt feeling that

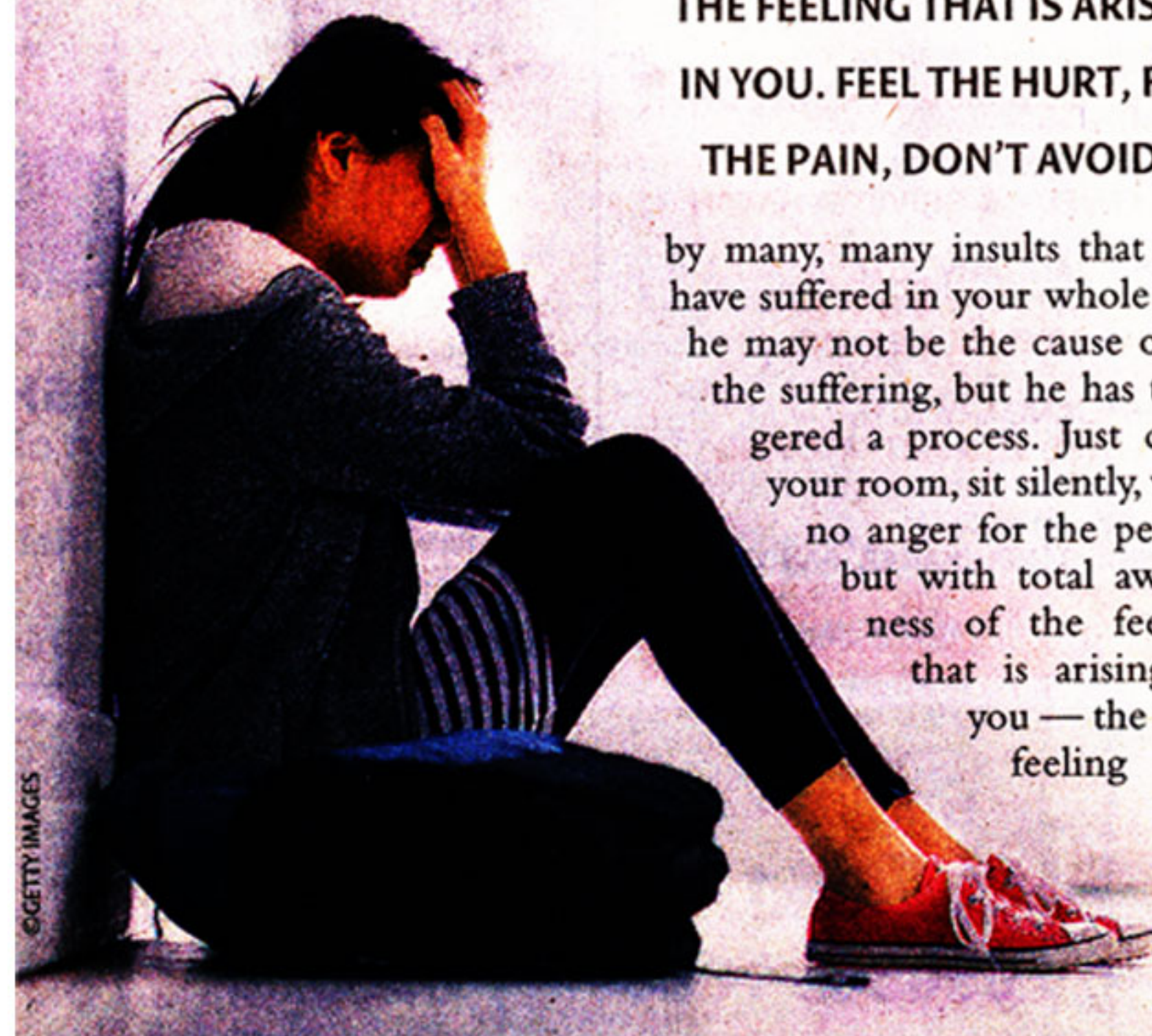
you have been rejected, that you have been insulted. And then you will be surprised that not only is this man there: all the men and all the women and all the people that have ever insulted you will start moving in your memory. You will start reliving them. Feel the hurt, feel the pain, don't avoid it.

It will be difficult and heart-rending. You may start crying like a child, you may start rolling on the ground in deep pain. You may suddenly become aware that the pain is not only in the heart, it is all over the body — that it is painful all over, that your whole body is nothing but pain.

If you can experience it — this is of tremendous importance — then start absorbing it. Don't throw it away. It is such a valuable energy, don't throw it away. Absorb it, drink it, accept it, welcome it, feel grateful to it. And say to yourself, "This time I'm not going to avoid it, this time I'm not going to reject it, this time I'm not going to throw it away. This time I will drink it and receive it like a guest. This time I will digest it."

It may take a few days for you to be able to digest it, but the day it happens, you have stumbled upon a door which will take you really far, far away. A new journey has started in your life, because immediately, the moment you accept the pain with no rejection anywhere, its energy and its quality changes. It is no longer pain. It is transformed into ecstasy. Abridged from The Book Of Wisdom, courtesy: Osho International Foundation, www.osho.com ■

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